



## **Hope & Healing**

after the death of a loved one

Meeting **Tuesday** Afternoons, 3:30 – 5:00 pm in **the Resident Community Room, Manor Building, lower level. Questions contact (920) 237-2153**

Session 1: ***Is This Normal?*** - Aug 15, 2023

Session 2: ***Your Grief Journey*** - Aug 22, 2023

Session 3: ***Loneliness & Sadness*** - Aug 29, 2023

Session 4: ***Self-Care*** - Sept 12, 2023

Session 5: ***Fearful & Overwhelmed*** - Sept 19, 2023

Session 6: ***Anger*** - Sept 26, 2023

Session 7: ***Regrets*** - Oct 3, 2023

Session 8: ***Grief & Your Household*** - Oct 10, 2023

Session 9: ***Grief & Your Friendships*** - Oct 17, 2023

Session 10: ***Questions for God*** - Oct 24, 2023

Session 11: ***Stuck in Grief*** - Oct 31, 2023

Session 12: ***Hope & Resilience*** - Nov 7, 2023

Session 13: ***What Do I Live for Now?*** - Nov 14, 2023